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ABSTRACT

This document presents the University of Mississippi's campus drug and alcohol prevention policy. A four page folder details policy and regulations including: Mississippi law regarding alcohol and other drugs (e.g., penalties for trafficking and possession), university disciplinary sanctions, health risks of drug abuse, and counseling and educational resources available on campus. An appendix contains a table which details information on 28 drugs providing names, medical uses, dependence ratings, tolerance, methods of administration, effects, effects of overdoses, and withdrawal syndromes. Enclosed in the main document are several other cards and information sheets. A card on alcohol abuse with questions and facts is designed to help identify those at risk for alcohol abuse. An information card on the Bessie S. Speed Wellness Center for alcohol and drug education lists the center's services and philosophy. A syllabus describes a leadership development seminar designed to train peer counselors. A description of a "Positive Growth Group" details a group counseling program for students aimed at decreasing the risk for drug and alcohol abuse. Also included is a copy of the "Wellness Survey--Summer 1990" which was used to poll the students body on attitudes to drug use and other variables. (JB)

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ED337115

Abuse Prevention Policy on Alcohol and Other Drugs

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The University of Mississippi

HE 024 957

In compliance with the federal Drug-Free Schools and Communities Act Amendments of 1989, The University of Mississippi has implemented an abuse prevention policy applying to alcohol and other drugs. This policy also affirms the University's commitment to eliminating the abuse of such substances.

Ole Miss adopts and implements this program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by its students and employees on school premises or as a part of any of its activities and declares such possession, use, or distribution in violation of University policy.

The policy applies to all students (both full-time and part-time) and each faculty and staff member (whether full-time or part-time). **It is the personal responsibility of each student, faculty member, or staff member to adhere to this policy.**

This brochure has been prepared to ensure that each member of the Ole Miss community understands the rationale behind its provisions and his or her responsibilities under the University's policy and the laws of the state of Mississippi. Because the University's foremost concern is the health and well-being of its students and employees, this publication also details resources that are available on campus for counseling and education about abuse of alcohol and other drugs.

Alcohol

Many offenses against people and property committed at The University of Mississippi are a direct result of alcohol misuse/abuse. Such antisocial behavior is unacceptable to the University community. All persons at Ole Miss are subject to laws regulating alcohol on state property as stated in Section 67-1-37 (g) of the Mississippi Code Ann. (1988 Supp.):

> "The alcoholic beverage control division shall not allow the sale or consumption of alcoholic beverages in or on the campus of any public school or college, and no alcoholic beverage shall be for sale or consumed at any athletic event at any grammar or high school or any college."

The University of Mississippi prohibits the possession, sale, and consumption of alcohol on its property. Students and employees found in violation of this policy shall be subject to disciplinary action.

Other Drugs

The University prohibits the illegal possession and/or professionally unsupervised use of all federally and/or state controlled substances by any member of its community. It is an especially serious offense to sell, provide, share, or distribute drugs illegally.

Present state law also prohibits the possession and sale of drug paraphernalia (pipes, roach clips, etc.), and such items are subject to confiscation on campus.

MISSISSIPPI LAWS REGARDING ALCOHOL AND OTHER DRUGS

STATE ALCOHOL LAWS:

Possession of Alcohol on University Property: Any person in possession of alcohol on state property, regardless of age, shall be guilty of a misdemeanor. Upon conviction he/she shall be punished according to Mississippi law by a fine of $25 to $500 and/or a sentence of up to six months in the county jail [Miss. Code Ann. (1990 Supp.), Section 67-1-37, (g)].

Public Drunkenness on University Property: Any person convicted as a public drunk is subject to a fine of up to $100 and/or 30 days in the county jail.

Possession of Alcoholic Beverages Under Age 21: Any person under the age of 21 in possession of alcoholic beverages shall be guilty of a misdemeanor. Upon conviction he/she will be required to pay a fine of up to $100 and/or perform community service.

False I.D.: Any person, under the age of 21, who falsely states that he/she is 21 years of age or older for the purpose of purchasing an alcoholic beverage shall be guilty of a misdemeanor and upon conviction, shall be punished by a fine of up to $200 and/or a sentence of not more than 30 days in the county jail.

Open Container: It is illegal to possess and/or consume alcohol with a broken seal (open container) in public, whether walking on the street or driving in an automobile. Exception is made for alcohol in a "brown bag" in a restaurant or on private property. A fine of up to $500 may be levied upon conviction.

Driving Under the Influence of Alcohol (DUI): The following are DUI penalties which became effective July 1, 1989:

First Conviction:
• $250 to $1,000 fine • up to 24 hours in jail • one-year license suspension (90 days if Mississippi Alcohol Safety Education Program is completed)

Second Conviction: (within five years of first conviction)
• $600 to $1,000 fine • 48 hours to one year in jail, or 10 days to one year of community service work • two-year license suspension (one year if a treatment program is completed)

Third Conviction: (within five years of first conviction)
• $800 to $1,000 fine • 30 days to one year in jail • five-year license suspension (three years if treatment program is completed)

Fourth Conviction: (within five years of first conviction)
• DUI becomes a **felony** upon a fourth conviction • $2,000 to $5,000 fine • 90 days to five years in state penitentiary • five-year license suspension (three years if treatment program is completed)

ALSO: If you are convicted of driving while your license is suspended because of DUI, you are subject to: $200 to $500 fine • 48 hours to six months in jail • six-month license suspension added to original suspension.

If you are convicted of negligent operation of a motor vehicle causing serious injury or death, while under the influence of alcohol, it is a **felony** with a possible sentence of up to 10 years in the state penitentiary.

LAWS REGARDING OTHER DRUGS:

Controlled substances (drugs) are classified by schedules (I-V) based on their potential for harm and/or medical use. Legal sanctions vary widely. (NOTE: A detailed summary of the schedules and penalties — along with **federal trafficking penalties** for controlled substances — is available at the Bessie Speed Wellness Center or University Police Department.)

Possession: Penalties range from a $100-$250 fine for possession of one ounce or less of marijuana (first offense) to 20 years and/or $1 million for possession of one kilogram or more of marijuana. Penalties for possession of Schedule I or II drugs (ecstasy, LSD, heroin, cocaine, etc.) range from one to three years in the state penitentiary and fines from $1,000 to $3,000.

Sale: Penalties range from three years and/or $3,000 fine for sale of one ounce or less of marijuana to 30 years and/or $1 million for sale of Schedule I or II drugs, such as heroin, LSD, ecstasy, mescaline, methaqualone, cocaine, and other such substances.

EDLD 309
Leadership Development Seminar

Theory and practical application in planning, developing, implementing, and evaluating programs with special emphasis on communication, interpersonal, administrative, and leadership skills.

Course Purpose and Objectives: To assist students in understanding what is involved in being a leader. To give students the opportunity for personal assessment and evaluation. To aid students in developing leadership skills and applying these skills as a peer counselor.

Time and Location: 2:30-3:45 p.m. Tuesdays and Thursdays
Turner Auditorium - presentations
Turner Classrooms - smaller groups

Text: None is required. Handouts and additional materials will be provided as needed.

Attendance: Attendance is vital to student success in this course. Each instructor will set specific limits. Special circumstances must be brought to the attention of the instructor by the student.

Grades: Grades for the course will be based on class participation, class projects and exams given in class.

Operation of the Course: All students in the class will have an opportunity to learn about some significant core areas through presentations by a variety of speakers. (See attached.) Four specialty areas will be available for smaller group focuses:

1. Peer Leaders - a general overview of leadership skills with opportunities to apply these skills on the college campus.
2. Leaders for Today and Tomorrow - designed for juniors and seniors who are currently in leadership positions on campus and are interested in exploring issues pertaining to leadership after college.
3. Residence Hall Leaders - designed for students who are currently working in or interested in working in leadership positions in residence halls.
4. Orientation leaders - designed for students who will work in the summer and fall orientation programs.

Instructors:

Marc Showalter	300 Lyceum	232-7021
Bonnie Gideon	Housing	232-7369
Sparky Reardon	406 Union	232-7247
Lynn Powell	301 Guyton	232-3784

DATES FOR SPEAKERS

January 29	Personal Wellness & Control Theory	Dr. Jean Jones Marc Showalter
February 5	Leadership Skills	Ms. Pam Belcher
February 14	Campus Environment	Dr. G. Beasley Dr. Les Wyatt
February 28	Alcohol	Dr. Ron Borne
March 7	Communication Skills	Ms. Susannah Ferris Ms. Lynn Powell
March 19	Coping Skills	Dr. Ted Baldick
April 4	Health, STDS, Nutrition	Dr. Eric Dahl Ms. Barbara Silcox
April 9	Sex Roles	Sparky Reardon
April 11	Diversity	Thomas Wallace

P O S I T I V E G R O W T H G R O U P

GROUP PURPOSE: The positive growth group has been developed to assist referred Ole Miss students in self-exploration and positive personal change of attitudes and beliefs about themselves. In addition, the group will include activities designed to decrease risk for alcohol and drug abuse. This stated purpose will be accomplished by:

* assisting students in completing a thorough self concept inventory
* using both individual and group exercises to clarify personal values and express feelings
* assigning daily journal work and weekly reading assignments
* pfacticing communication skills relevant to self-esteem, and alcohol and other drug situations

POSITIVE GROWTH GROUP:

The students referred to the group will attend one group session per week for eight weeks. Each group session will last two hours. Separate groups will be conducted simultaneously. Each group will consist of five students and one Wellness facilitator. The groups will be closed, and no new students will be added. Every attempt will be made to match students with similar concerns. However, the reading and writing assignments can be personalized to allow for individuation given a heterogeneous group (e.g., suicide risk, ACOA, etc.)

EVALUATION:

Several instruments will be used in a pre and post-test manner to determine the extent of positive change associated with group participation. These instruments include:

* Automatic Thoughts Questionnaire
* Satisfaction with Living Scale
* Survey of Personal Beliefs
* Irrational Belief Scale
* Beck Depression Inventory
* Profile of Mood States
* Perceived Social Support from Friends Scale
* Alcohol & Drug Risk Assessment

  Self-Efficacy ratings
  Gambrill-Richey Assertiveness Inventory
  Other

WELLNESS SURVEY - SUMMER 1990

INSTRUCTIONS: Please answer each question honestly and accurately. There are no right or wrong answers. This survey is ANONYMOUS. DO NOT WRITE YOUR NAME ANYWHERE ON THIS SURVEY OR YOUR ANSWER SHEET. For each question, use a number 2 pencil to fill in the oval that applies to you on the answer sheet. Please do not make any marks on this survey. Thank you for your cooperation.

1. What is your sex:
   a) male b) female

2. What is your current age:
   a) 17 b) 18 c) 19 d) 20 e) 21 or older

3. What was your average grade in high school:
   a) A b) B c) C d) D

4. In what state did you graduate high school?
   a) Mississippi - Jackson area b) Mississippi - Gulf Coast area
   c) Mississippi - all other areas d) Texas
   e) Alabama
   (IF NONE OF THE ABOVE SEE QUESTION #5)

5. Continued from question #4
   a) Arkansas b) Tennessee c) Louisiana d) Florida e) Other

6. What school at Ole Miss will you enter (if undecided, take your best guess)?
   a) Social Sciences (e.g. Education, English, Psychology, etc.)
   b) Business (e.g. Accountancy, Administration, Marketing, etc.)
   c) Humanities (e.g. Philosophy, History, Modern Language, etc.)
   d) Physical Sciences (e.g. Physics, Engineering, Computer, etc.)
   e) Biological Sciences (e.g. Biology, Chemistry, Pharmacy, etc.)

7. Which of the following accurately describe how you have generally approached your reading assignments in high school? (Select One)
   a) I read them when the teacher assigns them.
   b) I read them, but generally not before the next time the class meets (or not by the time the teacher wants us to read them.)
   c) I read my assignments just before an exam.
   d) I don't read my assignments, I just scan them.
   e) I generally don't read them at all.

*Please use the following scale for questions 8 thru 18.
a) always b) usually c) sometimes d) seldom e) never

8. Procrastination means to put things off until later. Are you in the habit of procrastinating when it comes to doing your school work?
9. Do you study in a quiet place with no distractions?
10. Do you feel anxious around people you don't know well?
11. Were you satisfied with your social life while in High School?
12. Do you enjoy meeting new people?
13. Have you had problems in the past with balancing your studies and your social life?
14. Do you enjoy dating?
15. Were you popular in high school?
16. Do you prefer large parties to small social gatherings?
17. Do you feel you can express your feelings to others?
18. Do you start conversations with others?

*Please use the following scale for questions 19 thru 34.
a) always b) usually c) sometimes d) seldom e) never

19. Do you feel hopeful about the future?
20. Do you ask a friend or relative you respect for advice when you have a problem?
21. Are the things you do to relax effective?
22. When you drink, do you get drunk?
23. Are you a nervous person?
24. Do you feel good about yourself?
25. Do you feel you control your life?
26. Do you have difficulty controlling your anger?
27. Do you have difficulty adjusting to new situations?
28. Are you satisfied with your current weight?
29. Do you exercise for 20 minutes 3 or more times a week?
30. Do you get regular (yearly) physical checkups from your doctor?
31. Do you get enough sleep?
32. Do you have headaches?
33. Do you eat nutritious and regular meals?
34. Do you eat sensibly in front of others and binge or eat a lot when alone?

*Please use the following scale for questions 35 thru 53.
a) Yes b) No

35. Do you consider yourself a member of an organized religious denomination?
36. Do you have a belief in a Higher Power or Supreme Being?
37. Do you feel a spiritual component is lacking in your life?
38. Do you plan to be a part of any religious organization when you come to Ole Miss?
39. You have graduated from high school and have your diploma. Do you think your study habits in high school will be good enough to get a college degree?
40. Do you seek out learning experiences beyond those required in your coursework or about topics of personal interest?
41. Have you ever taken a personality test (such as the Myers-Briggs Type Indicator)?
42. Have you ever taken an interest inventory (such as the Strong Vocational Interest Blank or the Self-Directed Search)?
43. Have you ever used any professional career services (outside of school)?
44. Have you ever held a part-time or summer job?
45. Have you ever talked to people about the jobs that they do?
46. Have you decided on a major yet?
47. Do you plan to be involved in many social activities at the University?
48. Have you ever been told that you have a problem with alcohol?
49. Have you ever had academic problems (e.g. missed class or a test, failed a test or course, etc.) due to your use of alcohol and/or illicit drugs?
50. Have one of your family members or immediate relatives ever had a drinking problem?
51. Have you ever had legal problems (e.g arrested, DUI, etc.) due to your use of alcohol and/or illicit drugs?
52. Have you ever talked with a counselor, therapist or other mental health professional about a problem?
53. Have you ever tried and/or do you currently use illicit/illegal drugs?

54. How much effort are you willing to commit to your academic studies?
a) 30 min/day b) 1 hr./day c) 3 hrs./day d) 5 hrs./day e) more than 5 hrs./day

55. You have graduated from high school. Which of the following best describes how you feel about your study habits or study ethic? (Select One)
a) I studied hard. I really worked to get my grades.
b) I didn't study too hard. I did enough to get by, and got good grades anyway.
c) I didn't study too hard. I did enough to get by, but got grades that were good enough to graduate (C's and D's.)
d) I didn't study very much at all to get my diploma.
e) I didn't have to study at all to get my diploma.

56. What have you heard about being absent from classes at college? (Select the One you've heard the most often, and please be honest.)
a) It's okay to cut classes. The instructors don't care.
b) You can cut a lot more classes than in high school before anything "bad" happens to your grades.
c) Each instructor sets his or her own absentee policy, and some are more lenient than others.
d) Nobody makes you go to class, but if you don't go, your overall grade can be downgraded, or you can fail the course because of absenteeism.

57. How do you prepare for major tests or final exams? (Select only ONE.)
a) I review my class notes daily or weekly, and I conduct a major review before the exam.
b) I conduct a major review of my notes and reading assignments only before the exam.
c) I work my assignments during the term, and generally don't review for major tests or finals.

58. Where do you plan to do most of your studying in college?
a) In my room b) In the library c) In fraternity/sorority study halls
d) In friend's room e) Other

59. How do you feel before a major test or final exam?
a) I get tense, or I worry, or both. The anxiety I feel I consider to be excessive. Tests really bother me. I'm really stressed out.
b) I notice a little tension and/or worry, but nothing excessive.
c) Exams don't bother me at all. I don't notice any change from any other time.

60. How pressured do you feel by your parents to pursue a certain major or career?
a) extreme b) very much c) some d) little e) not at all

61. How many times were you counseled on career options in high school?
a) once a year b) twice a year c) more than twice a year
d) never-our high school didn't have career counseling e) never-even though our high school did have career counseling.

62. Do you know what type of jobs that you can get after graduation with your major/degree?
a) Yes b) No c) I don't know my major yet. d) I'm not worried about getting a job yet. e) I don't care about getting a job.

63. How well do you feel you will fit in socially at the University?
a) very well b) well c) moderately well d) not very well e) not at all

64. Do you already have close friends at the University?
a) Very many b) Just a few c) None

65. Are you currently involved in a serious dating relationship?
a) Yes, for more than 1 year b) Yes, for less than 1 year c) No
d) I have never dated

66. How disappointed would you be if you did not get a bid (pledge) to a fraternity/sorority at Ole Miss?
a) devastated b) extremely disappointed c) moderately disappointed
d) not very disappointed e) I DON'T PLAN TO PLEDGE

67. Do you usually drink alcohol:
a) on weekends only b) weekends & one weekday c) weekends and two weekdays d) weekends & more than 2 weekdays e) I do not drink alcohol

68. When did you last attend a religious church service?
a) last week b) last month c) last year d) more than 1 year ago
e) I never have

69. How often do you communicate with a higher power (e.g. God, etc.)?
a) daily b) only during church service c) both a & b d) only in crisis situations e) never

70. How important are your personal ethics or values in your dealings with others?
a) very important b) important c) unsure d) only slightly important
e) very unimportant

71. Who is or was the most important influence on developing your personal values?
a) myself b) parent(s) c) friend(s) d) teacher(s) e) religious leader(s)

72. Do you feel that your spiritual well-being plays a part in your overall quality of life?
a)very big part b)a big part c)some part d)a little part e)no part

73. Have you ever been forced to have sexual relations with someone when you really didn't want to?
a) Yes - by someone I know b) Yes - by a stranger c) Yes - both a & b
d) No

74. Which of the following is true? (Select only ONE answer)
a) You are sexually active and use birth control regularly.
b) You are sexually active and use birth control occasionally.
c) You are sexually active and do not use birth control.
d) You are not currently sexually active.
e) You have never been sexually active.

75. Have you ever had a sexually transmitted disease?
a) yes-once b) yes-more than once c) no d) I'm not sure

76. Do you currently smoke cigarettes, chew tobacco, or use snuff?
a) no b) yes-smoke c) yes-chew or use snuff d) yes-smoke & chew or use snuff

THANK YOU FOR YOUR HELP!!!

Sale Near Schools: Penalties are **doubled** for distribution, possession with intent to distribute, or manufacture of a controlled substance within 1000 feet of a school (elementary to University) or 100 feet of a playground, swimming pool, or youth arcade.

Possession of Paraphernalia: (intent to use) Penalty is six months/$500.

Sale of Paraphernalia: (or possession with intent to sell) Penalties range from six months/$500 to one year/$1,000.

UNIVERSITY DISCIPLINARY SANCTIONS

The University will impose disciplinary sanctions on students and employees who violate its abuse prevention policies regarding alcohol and other drugs.

Faculty and Staff Employees: Depending upon the facts relating to any unlawful possession, use, or distribution of illicit drugs or alcohol on University property or as any part of the University's activities, the employee may be: suspended pending further investigation, required to participate satisfactorily in a drug or alcohol abuse assistance or rehabilitation program, issued a formal warning, or terminated. For termination, the applicable termination procedure as stipulated in **A Handbook for Faculty and Staff** will apply. Any action will be initiated within 30 days after the facts become known by the University.

Students: The range of disciplinary sanctions includes, but is not limited to, the following:

1. Probation for a specified period of time,
2. Suspension for a specified period of time or with sentence suspended,
3. Expulsion from the University or one of its residential units,
4. Restitution for property damage or destruction for which the student was found responsible,
5. Referral to education or treatment programs, and/or
6. Any combination of the above-listed sanctions or other forms of creative sanction which might be imposed.

The **M-Book** contains complete information on the student judicial process.

HEALTH RISKS OF ABUSE

Alcohol abuse is associated with a number of health risks for the individual. These risks include gastrointestinal illnesses, heart disorders, arthritic conditions, disorders from nutritional deficiencies, renal disorders, and cancer. Research shows that approximately one-fourth of the injuries treated at college campus health services and hospital emergency rooms are alcohol related, and one-fourth of all college student deaths involve alcohol.

Alcohol use negatively impacts persons in other ways as well. Approximately two-thirds of all people killed in alcohol-related crashes are drivers, pedestrians, and bicyclists who had been consuming alcohol. In fact, alcohol-related accidents account for over 20,000 deaths annually in the United States. It is estimated that two in every five persons will be involved in an alcohol-related automobile accident during their lifetime. This means that every 23 minutes drunk driving causes another death, which is about 70 deaths per day.

Illicit drug use is also associated with a number of health risks for the individual — which include respiratory disorders, infertility, bone marrow abnormalities, impaired short-term memory, increased risk of death, myocardial infarction, stroke, poisoning, and seizures (particularly in the case of polydrug abuse). Additionally, the risks of hepatitis, AIDS, coma, paralysis, psychosis, and suicide are greater in drug users. The behavior of illicit drug users toward others is also adversely affected, often leading to incidents of violence and injury.

Women of child-bearing age should be aware of the dangers of consuming alcohol and other drugs during pregnancy. Infants born to alcohol-drinking mothers are smaller in birth weight, height, and head size, and are at increased risk for cardiac problems and mental retardation. Children whose mothers use addictive drugs during pregnancy can also be born addicted themselves and are subject to a host of physical and mental problems as a result.

Note: The health risks associated with specific controlled substances are detailed in Appendix A of this brochure.

COUNSELING AND EDUCATIONAL RESOURCES AVAILABLE ON CAMPUS

The Bessie S. Speed Wellness Center serves as the focal point for education programming and counseling services for both students and employees who have questions about alcohol and other drugs.

The program focuses on the education of students and employees regarding the health risks and legal and social consequences associated with the use of illicit drugs and the abuse of alcohol. This is done through public service advertisements in the media and presentations to campus and community groups and organizations. Individuals and groups also have access to free educational materials in written and videotaped formats through the Speed Center.

Counselors are available for free assessment, intervention, referral, short-term therapy, and consultation. Referral to other service providers is made when appropriate, and personal assistance is given when hospitalization is required. All counseling and services are confidential. Services are provided by and/or supervised by a psychiatrist, licensed clinical psychologist, licensed counselor, or trained graduate students. The Bessie Speed Center is located at 301 Guyton Hall and will move to the new Student Health Center when it is completed. Call 232-3784 to arrange an appointment or an educational program.

Students and employees may also receive on-campus assessment and therapeutic counseling from the Psychological Services Center, an independent mental health clinic operated by the clinical training program at the Department of Psychology. Treatment is administered under the supervision of one of six licensed clinical psychologists, who are on the psychology department faculty. Trained students who are enrolled in the school's doctoral clinical psychology program work in treatment teams according to their area of expertise. Ole Miss students are charged $10 per hour for treatment; fees for other clients are assessed on a sliding scale based on size of family and income. However, no one is turned away due to lack of funds. Therapists are available from 9 a.m.-4 p.m. Monday through Friday; calling ahead for appointments is recommended. Located on the third floor of Peabody Hall, the center can be reached at 232-7385.

The University Police Department, Residence Life Department, School of Pharmacy, and Dean of Students Office also provide additional educational programming and counseling referrals on campus.

APPENDIX A

HEALTH RISKS ASSOCIATED WITH SUBSTANCES COVERED BY THE CONTROLLED SUBSTANCES ACT

Controlled Substances - *Uses & Effects*

DRUGS CSA SCHEDULES	TRADE OR OTHER NAMES	MEDICAL USES	DEPENDENCE Physical	DEPENDENCE Psychological	TOLERANCE	DURATION (Hours)	USUAL METHODS OF ADMINISTRATION	POSSIBLE EFFECTS	EFFECTS OF OVERDOSE	WITHDRAWAL SYNDROME
NARCOTICS										
Opium II III V	Dover's Powder Paregoric Parepectolin	Analgesic, antidiarrheal	High	High	Yes	3-6	Oral, smoked	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions, coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
Morphine II III	Morphine, MS-Contin, Roxanol, Roxanol-SR	Analgesic, antitussive	High	High	Yes	3-6	Oral, injected			
Codeine II III V	Tylenol w/Codeine, Empirin w/Codeine, Robitussin A-C, Fiorinal w/Codeine	Analgesic, antitussive	Moderate	Moderate	Yes	3-6	Oral, injected			
Heroin I	Diacetylmorphine, Horse, Smack	None	High	High	Yes	3-6	Sniffed, smoked, injected			
Hydromorphone II	Dilaudid	Analgesic	High	High	Yes	3-6	Oral, injected			
Meperidine (Pethidine) II	Demerol, Mepergan	Analgesic	High	High	Yes	3-6	Oral, injected			
Methadone II	Dolophine, Methadone, Methadose	Analgesic	High	High-Low	Yes	12-24	Oral, injected			
Other Narcotics I II III IV V	Numorphan, Percodan, Percocet, Tylox, Talwin, Fentanyl, Darvon, Lomotil, Talwin	Analgesic, antidiarrheal, antitussive	High-Low	High-Low	Yes	Variable	Oral, injected			
DEPRESSANTS										
Chloral Hydrate IV	Noctec	Hypnotic	Moderate	Moderate	Yes	5-8	Oral	Slurred speech, disorientation, drunken behavior without odor of alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
Barbiturates II III IV	Amytal, Butisol, Fiorinal, Lotusate, Nembutal, Seconal, Tuinal, Phenobarbital	Anesthetic, anticonvulsant, sedative, hypnotic, veterinary euthanasia agent	High-Mod	High-Mod	Yes	1-16	Oral			
Benzodiazepines IV	Librium, Valium, Dalmane, Centrax, Serax, Tranxene, Verstran, Ativan, Halcion, Paxipam, Restoril	Antianxiety, anticonvulsant, sedative, hypnotic	Low	Low	Yes	4-8	Oral			
Methaqualone I	Quaalude	Sedative, hypnotic	High	High	Yes	4-8	Oral			
Glutethimide III	Doriden	Sedative, hypnotic	High	Moderate	Yes	4-8	Oral			
Other Depressants III IV	Equanil, Miltown, Noludar, Placidyl, Valmid	Antianxiety, sedative, hypnotic	Moderate	Moderate	Yes	4-8	Oral			
STIMULANTS										
Cocaine II	Coke, Flake, Snow, Crack	Local anesthetic	Possible	High	Yes	1-2	Sniffed, smoked, injected	Increased alertness, excitation, euphoria, increased pulse rate & blood pressure, insomnia, loss of appetite	Agitation, increase in body temperature, hallucinations, convulsions, possible death	Apathy, long periods of sleep, irritability, depression, disorientation
Amphetamines II	Biphetamine, Dexedrine, Desoxyn, Dexamyl, Obetrol	Attention deficit disorders, narcolepsy, weight control	Possible	High	Yes	2-4	Oral, injected			
Phenmetrazine II	Preludin	Weight control	Possible	High	Yes	2-4	Oral, injected			
Methylphenidate II	Ritalin	Attention deficit disorders, narcolepsy	Possible	Moderate	Yes	2-4	Oral, injected			
Other Stimulants III IV	Adipex, Cylert, Didrex, Ionamin, Melfiat, Plegine, Sanorex, Tenuate, Tepanil, Prelu-2	Weight control	Possible	High	Yes	2-4	Oral, injected			
HALLUCINOGENS										
LSD I	Acid, Microdot	None	None	Unknown	Yes	8-12	Oral	Illusions and hallucinations, poor perception of time and distance	Longer, more intense "trip" episodes, psychosis, possible death	Withdrawal syndrome not reported
Mescaline and Peyote I	Cactus	None	None	Unknown	Yes	8-12	Oral			
Amphetamine Variants I	2,5-DMA, PMA, STP, MDA, MDMA, TMA, DOM, DOB	None	Unknown	Unknown	Yes	Variable	Smoked, oral, injected			
Phencyclidine II	PCP, Angel Dust, Hog	None	Unknown	High	Yes	Days	Smoked, oral, injected			
Phencyclidine Analogues I	PCE, PCPy, TCP	None	Unknown	High	Yes	Days	Smoked, oral, injected			
Other Hallucinogens I	Bufotenine, Ibogaine, DMT, DET, Psilocybin, Psilocyn	None	None	Unknown	Possible	Variable	Smoked, oral, injected, sniffed			
CANNABIS										
Marijuana I	Pot, Acapulco Gold, Grass, Reefer, Sinsemilla, The Stick	None	Unknown	Moderate	Yes	2-4	Smoked, oral	Euphoria, relaxed inhibitions, increased appetite, disoriented behavior	Fatigue, paranoia, possible psychosis	Insomnia, hyperactivity, and decreased appetite occasionally reported
Tetrahydrocannabinol I II	THC, Marinol	Cancer chemotherapy, antinauseant	Unknown	Moderate	Yes	2-4	Smoked, oral			
Hashish I	Hash	None	Unknown	Moderate	Yes	2-4	Smoked, oral			
Hashish Oil I	Hash Oil	None	Unknown	Moderate	Yes	2-4	Smoked, oral			

Designated a narcotic under the CSA *Not designated a narcotic under the CSA*

ASSISTANCE AVAILABLE TO STUDENTS AND EMPLOYEES

The University complies with all applicable laws regarding affirmative action and equal opportunity in all its activities and programs and does not discriminate against anyone protected by law because of age, creed, color, national origin, race, religion, sex, handicap, veteran, or other status.

ARE YOU "AT RISK"?

Research shows that some people face higher risks for drug and/or alcohol abuse. People who have a family history of alcohol and drug abuse or who have difficulty in coping with life's problems are "at risk."

DID YOU KNOW?

ALCOHOL:

- 1 beer = 1 glass of wine = 1 shot of whiskey
- Time is the only way to sober up. Not coffee, not cold showers, not exercise . . . only time.
- Alcohol is a depressant, not a stimulant.
- A DUI conviction in Mississippi means: $250 - $1000 fine
  up to 24 hours in jail
  1 year license suspension.
- If you are between the ages of 15 and 24, you can expect to die younger than your counterparts 75 years ago – the leading single cause of death: **Drunk Driving.**
- Alcohol is involved in 2/3 of all violent behavior on campuses – this includes date rape.
- Alcohol is a factor in . . . 50% of all traffic fatalities.
  40% of all fatal industrial accidents.
  69% of all drownings.
  83% of all fire fatalities.
  40% of all mental hospital admissions.
  50% of all arrests.

MARIJUANA:

- It reduces the motor skills needed for safe driving.
- The marijuana grown today is up to 10 times more potent than that used in 1970.
- It takes 21 days for the body to get rid of the THC (marijuana's active ingredient) from a single cigarette.
- It has more cancer-causing agents than does a regular cigarette.
- It can lead to permanent impotency in males.

ECSTACY:

- The more it is taken, the less positive the experiences.
- May cause long-term brain damage.
- The amount needed to get high is very close to the toxic amount, making it very easy to accidentally overdose.

COCAINE:

- Heavy use causes hallucinations, paranoia, aggression, insomnia, depression.
- Can cause death by interfering with the brain's control of the heart (cardiac arrest) and respiration (suffocation).

CRACK:

- A stronger and deadlier form of cocaine that is prepared for smoking or free-basing.
- It can cause hallucinations, memory loss, violent behavior, severe depression.
- The hangover is severe and immediate, beginning within 6 minutes after use; escaping this hangover with more crack starts the addiction cycle.
- Extremely addictive: 78% of users began compulsive use within 2 months after the 1st dose.

DO YOU . . .

want to be able to handle your life better?
want to like yourself more?
want to learn how to deal with strong negative feelings?
(loneliness, anger, hurt, anxiety)

The people at the Bessie Speed Wellness Center want these things for you too.

Below is a checklist that can help you examine your behavior and feelings. You may also apply the statements to someone you care about.

Please check the issues that apply:

____ I have a hard time sharing my feelings with others.
____ I don't know how to handle conflicts, so I usually try to avoid them.
____ I drink/use so that I can fit in.
____ Most of the time I feel inadequate.
____ The only time I can really be myself is when I'm drinking or using.
____ I feel driven to do things and often act compulsively.
____ Sometimes I feel guilty about drinking/using.
____ I have trouble forming or keeping relationships.
____ I often do things I don't want to do to please others.
____ My parent(s), grandparent(s) or other close blood relative(s) has, have, or had, a drinking problem or a problem with other drugs.
____ I drink or use to escape my problems rather than deal with them directly.
____ I feel normal only when I'm drinking/using.
____ While growing up I was verbally or physically abused.
____ When I'm bored, depressed, stressed out, angry, anxious, or hurt, I drink/use drugs.
____ I have to be perfect to be accepted by my family and friends.
____ I've neglected school or work because of my drinking/using.

If you checked five or more of these statements, or if they have raised some concerns for you or someone you care about, please call us at 232-3784 or come by the Wellness Center, 301 Guyton Hall, to talk with someone. The Center is in the process of forming a Positive Growth Group composed of people who share these concerns; you are invited to join.

HERE AT OLE MISS

- 22% of students either always or usually get drunk when they drink alcohol.
- 22% have tried and/or currently use illegal drugs.
- approximately 9% have had legal and/or academic problems from alcohol or drug use.
- 24% experience excessive test anxiety.
- 15% always or usually have difficulty controlling their anger.

- These figures are based on Wellness surveys collected from 1200 students (two thirds) attending the summer 1990 orientation conferences.

BESSIE SPEED WELLNESS CENTER

232-3784

The University of Mississippi
The Bessie S. Speed Wellness Center

"The Bessie Speed Story" — In 1984 I served on a committee in my area for the first Capital Funds Campaign for Ole Miss. At that time, I became aware that there was no program for alcohol or drug education at the University or support programs for students with problems in the area of chemical dependency.

Having experienced the pain suffered by being the child of an alcoholic and realizing how it affected my life, I somehow wanted to do something about the problem. I advanced the idea of a counselor on campus, someone who could be trusted by the students. From there the idea grew into a program addressing not only counseling but also education, research, and outreach.

Each year the program has grown until we have arrived at the format of today. We eagerly look forward to the more expanded Wellness Program!

Bessie S. Speed

The Bessie Speed Center — The Bessie S. Speed Wellness Center was established in 1987 on the campus of The University of Mississippi as the Bessie Speed Center for Alcohol and Drug Education. The center's scope was broadened in 1990 to focus on the concept of wellness. Adoption of this concept of healthy development allows the center to help students in achieving balance in the intellectual, social, emotional, physical, and spiritual areas of their personal development, and to assist with life planning. This expansion of services was made possible by the center's realignment under the Student Development Center. This represents a move toward unification of services on the Ole Miss campus.

WHAT CAN WE DO FOR YOU?

Education — Information is provided through individual sessions and programs for groups on a variety of topics related to the development of a healthy life-style.

Counseling — Assessment, treatment planning, counseling, and referral are provided to assist people who are experiencing problems in coping with and learning skills for the development and/or restoration of a healthy life-style.

WHAT DO WE BELIEVE?

We believe that people are responsible for themselves and for making personal choices which affect their daily lives. We believe that the development of a wellness life-style through personal responsibility, and healthy, balanced choices will lead to a happier and more successful daily existence.

WHAT IS WELLNESS?

a **life-style** — where you are responsible, in control, and in charge of your own health and well-being.
a **choice** — a positive decision you make toward good health.
a **process** — an understanding that wellness is ongoing, with daily satisfactions and payoffs.

A WELLNESS LIFE-STYLE INVOLVES THE TOTAL PERSON.

The six dimensions of wellness — **physical, social/environmental, spiritual, life-planning, emotional,** and **intellectual** — all interrelate, and the positive or negative choices we make in one area often affect other areas. The goal of a wellness life-style, which nurtures and allows optimal health, is to create a balance among all dimensions.

HOW CAN I GET INVOLVED IN PROMOTING WELLNESS?

Individual efforts — The first step is to make a commitment to personal wellness. Start by completing a Personal Wellness Assessment and/or a Fitness Evaluation. Come by the Wellness Center for information. Then set your own personal wellness goals and work to achieve them.

Student Wellness Committee — An Associated Student Body (ASB) Committee is the campus organization which sets wellness goals and promotes them throughout campus. Contact the ASB office or the Wellness Center to join.

Campus-Wide Wellness Implementation Committee — A special committee composed of faculty, staff, administrators, and students has been appointed to facilitate the promotion of wellness throughout the University Community. Contact the Wellness Center to get involved.

HOW CAN SERVICES BE UTILIZED?

Education — Professional staff are available to present programs on all areas of wellness as well as about problem areas such as alcohol and drug abuse, grief, anxiety, depression, eating disorders, relationships, etc. Just call 232-3784 to schedule a program.

Counseling — A wide range of professional expertise is available. The first step is to make an appointment with a counselor to discuss the situation at hand. Counselors assist clients in examining their current situation, making personal choices, and developing skills to reach goals which they set for themselves. Psychological supervision and psychiatric services are available as needed. All counseling is confidential. Call 232-3784 to schedule an appointment.

WHAT ABOUT CRISIS INTERVENTION?

Counselors are available 24 hours a day to respond to any crisis involving a student or staff member at Ole Miss. Counselors can be reached by calling 232-7021, through the University Police Department (232-7234), or by calling the crisis digital pager number —232-1439.

Promoting a healthy, balanced life-style through responsible, personal choices

Wellness Center

232-3784

Crisis Intervention

Pager No. 232-1439